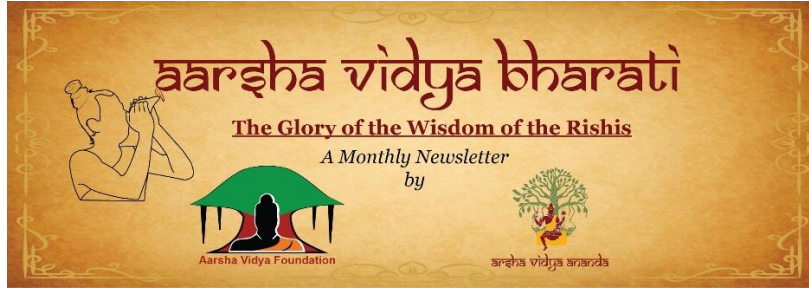


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# Aarsha Vidya Bharati - April 2023

**Chaitra - Vaisakha 2080**

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



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This is one of many articles from our monthly newsletter. Access the [April 2023 issue](#) or read any of [the articles](#).

## Sādhana for Mahashivaratri

Responses from some students

*This is my first time doing this sadhana and I did not have any expectations except to do my best. I would complete the malas every evening after puja. This was a difficult period for me due to other stresses and my goal was to complete the sadhana everyday, even if it was a little late in the day, with full dedication to the Lord and without being too hard on myself for any delays.*

*Very soon, I was looking forward to sadhana time all day. I found great joy and peace during and after chanting. I carried this joy through the following day and it changed the quality of my interactions.*

*Some unexpected and positive changes occurred during this time. Externally, my communication and relationships with some family members improved suddenly. I got a very unexpected raise at work, something that I had not asked for or expected but much welcomed, all due to the grace of Bhagwan Shiva. Internally, I found myself becoming calmer and more appreciative and grateful for what I have been given.*

*I am trying to make this into a lifestyle change and have been continuing to chant most days since then. I feel blessed to know you, Swaminiji, and to be a part of this sadhana and community. Om Namah Shivaya. - Aruna Lakshmanan, USA.*



*For me, it was my first time doing japa. And while I took only 21 days promise, I am still continuing it way after the festival is over. I did a few malas every day, rain or shine, on travel, in different countries and first thing in the morning. I took my mala with me to Vietnam and India both. I start my day with it and somehow feel powerful. I can't understand why I couldn't stop after Mahashivaratri. It just pulled me in and I felt an imbalance the next day when 11,000 chants were over and I need not have done the jappa! Thank you Swaminiji for introducing this practice. For now I am continuing. And it travels with me everywhere 😊 - Maansi Gagroo, Singapore*

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